

**SEPTEMBER BIRTHDAY  
BRUNCH & HEALTH TALK  
ALTZHEIMER SOCIETY  
Tues. Sept. 1st 10:30 am  
Zone Ballroom (216)**

Menu: sausage, egg & cheese  
breakfast casserole, fresh fruit &  
fruit juice. **Sponsored by:**  
**IntegraCare Hospice and**  
**Home Health**  
**Cake Provided by:**

**STERLING HOUSE**  
BROOKDALE SENIOR LIVING

**WAKE UP WITH  
ROYAL ESTATES &  
Hospice of WF  
FREE  
Pancakes & Sausage BREAKFAST  
Wednesday, Sept. 16th 8:30 am at the 50 + Zone**

**Friday Night Live Band Dances  
Every Friday 7-10 pm  
Cost: only \$6 per person  
(\$1 discount for Zone members)**

**Sept. 4th- Rusty Nail Band  
Sept. 11th - Southern Rain  
Sept. 18th- Ryan Kirkland Band  
Sept. 25th- The Red Door Band**

**BINGO at the Zone  
Cash Bingo**

**Fridays  
2:00 pm**

**FREE! PRIZE  
BINGO**

**TUESDAY, Sept. 1st & 15th  
9:00 - 10:00 am - ROOM 216**

**Sponsored by:  
BEST CARE HOME HEALTH**

**TUESDAY, Sept. 8th & 29th  
9:00 - 10:00 am - ROOM 216**

**Sponsored by:  
Senior Care Health  
& Rehabilitation Center  
Fridays at 9 am  
Sponsored by:  
Horizon Bay**

**LUNCH & LEARN- FREE Lunch**  
**Tuesday, Sept. 15th 11:00 am**  
**Program: Medicare Healthcare Plans Q&A**  
**Presented by: AmeriLife**  
**Menu: sub sandwiches,**  
**chips & cookies**



**FREE Blood Sugar Screening**  
**Tuesday Sept 15th at 8am Room 217**  
**Provided by: Intrepid**  
**Home Health**  
**\*\*must be fasting**



**DO YOU HAVE concerns  
about falling?**  
**Matter of Balance Class**  
**8 week course to learn how to improve  
your balance and prevent falls**  
**Thursdays 9-11am Room 202**  
**classes Begin Thursday , Sept. 17th**  
**\*\*Registration Required!!!**  
**Class Limited to 12 participants!**  
**Sign up at the 50 Plus Zone desk**

**free ice cream sundaes  
& outdoor concert**



**All Funk Radio Show**  
**Tuesday, Sept. 29th - 7-8:30pm outside the MPEC**  
**Bring a lawn chair, enjoy a delicious sundae and**  
**listen to Motown Favorites from the 60's & 70's**

**Fitness Classes**

**Classes Held in Room 201**

**"Morning Workout"**  
**9-10 am Mon- Fri.**

**"Zumba"**

**10-11 am Mon& Wed.**

**"Walking Workout"**

**8:30-9 am Mon, Wed, Fri**  
**& Tues, Thurs, Fri. 10-10:30 am**  
**"Gentle Yoga"**

**10:30-11am Tues. Wed & Fri.**

**"Evening Zumba Gold"**

**5:15 pm Tues & Thurs**

**Room 202 (Poker room)**  
**"Drumming for Fitness"**  
**12:15-1:15pm Mon. & Thurs**  
**Room 201**

**"Drumming for Fitness"**

**5:15-6:15pm Mon & Wed.**  
**Room 208A**

**Chair Exercise Classes**

**Held in room 208B (movie room)**

**"Chair Yoga"**

**9 am Mon, Wed, Fri**

**"Chair Pilates"**

**9 am Tues & Thurs**

**"Stronger Seniors"**

**10:30 am Mon thru Friday**



**TUESDAYS**

**Family Favorites**

**1:30 pm & 5:00pm**

**Sept. 1st**

**"The Water Horse" (2007)**

**Rated PG-112 min.**

**Sept. 8th**

**"Second Hand Lions"(2003)**

**Rated PG - 109 min.**

**Sept. 15th**

**"UP" (2009)**

**Rated PG- 96 min.**

**Sept. 22nd**

**"Because of Winn Dixie" (2005)**

**Rated PG-106 min**

**Sept. 29th**

**"Bridge to Terabithia" (2007)**

**Rated PG-96 min**

**THURSDAYS**

**1:30 pm & 5:00pm**

**True Stories**

**Sept. 3rd**

**"Frost Nixon" (2009)**

**Rated "R"- 123 min.**

**Sept. 10th**

**"Coco Chanel"(2009)**

**Rated: PG - 139 min**

**Sept. 17th**

**"Valkyrie"(2008)**

**Rated PG-13 - 122 min**

**Sept. 24th**

**"Bobby"(2006)**

**Rated "R" - 120 min**

**NEW RELEASE FRIDAY**

**1:30 pm & 5:00 pm**

**Sept. 4th**

**"The Second Best Exotic  
Marigold Hotel"**

**Rated PG- 112 min.**

**Sept. 11th**

**"The Longest Ride"**

**Rated PG-13- 139 min.**

**Sept. 18th**

**"The Water Diviner"**

**Rated "R" - 111 min.**

**Sept. 24th**

**"Far From The Maddening  
Crowd"**

**Rated PG-13-119 min**

**Karaoke Sessions**

**Mondays 1:00- 4:30 pm**

**Tuesdays 2:45 – 4:30 pm**

**Thursdays 1:30 – 4:00 pm**